PILATES ITC

C-ASS 049

11332NAT: FUNDAMENTALS AND WHS WORK PLACEMENT LOGBOOK

PART 1 | SUBMISSION COVER PAGE

Full Name:	
Contact Number:	
Email:	

PRE-SUBMISSION: CHECK POINT

- ⇒ Cover sheet including your full name.
- ⇒ Cover sheet signed and dated.
- ⇒ You have engaged and gained at least one (1) Supervisor declaration and they (or one of them) have completed the Supervisor Report.
- ⇒ You have completed and submitted required Teaching hours for this Pathway. *Note: There are not Observation hours required to be logged for Fundamentals.*
- ⇒ Supplementary Evidence (optional): include a certificate of currency to evidence Insurance. This applies only to Students who have completed teaching practise from home due to accessibility challenges.

CANDIDATE SIGN OFF AND DECLARATION OF AUTHENTICITY

My signature below confirms the following:

- 1. I have read the guidelines and instructions for this logbook submission.
- 2. I choose to be assessed at this time.
- 3. I have kept a copy of this logbook for my own records.
- 4. I understand my logbook will not be returned to me and I will just receive feedback from my Assessor on these tasks.
- 5. I declare that this logbook is my own work and contains no material written by another person except where I have duly referenced. I am aware that making a false declaration may lead to a "Not Yet Competent" grade being given and or a withdrawal of the qualification.

 Version
 V1
 09/06/2020
 Next Revision Date
 09/06/2020
 Code/Title
 Logbook
 Page 1 of 13

ocument Product Development - KT

Location



Date of Submission:	

PART 2 | SUPERVISOR DECLARATION + FEEDBACK

INSTRUCTIONS

A Supervisor is a Pilates Instructor who currently works at an affiliated or host Work Placement Studio and who has witnessed that you have attended; participated; or carried out Work Placement. They ensure that Students gain hands-on experience, provide feedback, and support the Students in applying their theoretical knowledge to real-world scenarios. The Supervisor plays a critical role in assessing the Students' progress and helping them develop their professional skills in a supportive environment.

HOW MANY SUPERVISORS CAN I HAVE?

You are required to have a *minimum* of one (1) Supervisor, or you can have multiple over the duration of your Coursework.

Learn more about Work Placement Supervisors in the Knowledge Base Library:

- ⇒ How to: Find a Work Placement Supervisor.
- ⇒ What to expect from your Supervisor.
- ⇒ How to: Ask an Instructor to be your Supervisor.
- ⇒ What can my Supervisor sign off on?



SUPERVISOR DECLARATION			
I have the qualification, or Pilates Industry experience to provide below activities, and the activity was performed safely and to in	e third party observation for the above Student's logbook of Instruct Idustry standards.	ional activities. I was present when the above St	udent performed the
Supervisor's Full Name:			
Name of Work Placement Studio:			
Supervisor's Signature:		Date:	
ADDITIONAL SUPERVISOR DECLARATION			
Supervisor's Full Name	Place of Work (Studio)	Signature	Date

Date & Document Version Document Controller

20 May 2025 _V2.0

CW

Next Revision Date

Code/Title 11332NAT Fundamentals and WHS Logbook

Page 3 of 13

PILATES ITC

.				
11332NAT:	FUNDAMENTALS	AND WHS WORK	PLACEMENT LOGBOO) k

Date & Document Version

Document Controller Next Revision Date

20 May 2025 _V2.0

CW

Code/Title 11332NAT Fundamentals and WHS Logbook

Page 4 of 13

SUPERVISOR FEEDBACK: STUDENT PARTICIPATION AND PERFORM	ANCE				
SUPERVISOR NAME:	DATE:				
WORK PLACEMENT STUDIO:					
STUDENT NAME:					
COURSE:					
SUPERVISOR SIGNATURE:	DATE:				
Thank you for giving your time as a Supervisor for Students studying a Pilates ITC qualification the Student's participation and performance. Please answer the following questions and your This feedback is confidential between yourself and the RTO.					n
FEEDBACK	YES	MOSTLY	SOME	NO	
Was the student professional in their conduct and approach to completing work experience?					
Information regarding supervisor requirements was clear and easy to follow.					
Did the student demonstrate an ability to work with the Fundamental level Pilates repertoire relevant to their course?					
Did the student correctly apply the foundations and concepts and principles of the Pilates Method including neutral positions, breathing, torso stability, progressions and regressions, controversial and contraindicated exercise?					
Does the student demonstrate an understanding of postural assessment, common faulty					
postures and appropriate exercise selection and programming? Does the student demonstrate an understanding of special conditions and appropriate					
Poco the otalicht achienotiatic an anaciotaliana of openial conditions and appropriate					
exercise selection and programming relevant to their course? (Please note, question not					

 Version
 V1
 09/06/2020
 Next Revision Date
 09/06/2020
 Code/Title
 Logbook
 Page 5 of 13

Document Product Development - KT

Location

PILATES ITC

Does the student demonstrate a professional working manner whilst in the studio, including professional presentation and behaviour, regular self-mastery (including regular adherence to instructor maintenance protocols)? (Student guidelines are attached for your reference).				
Does the student adhere to all WHS Policies and Apparatus Safety Protocols?				
Can you give any additional feedback regarding the Student's instructional ability such as use o communication skills (personality, body language, rapport building skills) and ability to monitor			hing position and moveme	nt around clients,
Do you have any additional feedback and or comments on the questions above or the overall cosupervision?	ourse structure and how you	ı felt the Student progresse	d and managed requiremer	nts whilst under your

PRE-SUBMISSION: CHECK POINT

- ⇒ The Supervisor Feedback Form is complete with the Supervisor's name, studio location (workplace), and this form is signed and dated.
- ⇒ The form is complete, and all required boxes are checked.
- ⇒ The form is complete with <u>your</u> full name and Course.

Date & Docume Version Document

20 May 2025 _V2.0

Next Revision Date

Code/Title 11332NAT Fundamentals and WHS

Page 6 of 13

PILATES ITC

PART 3 | FUNDAMENTALS AND WHS - TEACHING LOG

#TEACHING HOURS	
-----------------	--

WORK PLA	ACEMENT TEACHING HOURS ENTRIES																									
UNITS OF	COMPETENCY				2001 001 F		•										tion	and	inst	ruc	tion o	ıf Pil	ates			
ENTRY		-	2	က	4 7	9	7	8	6	10	13	14	15	16	_ \ - 0	0 0	20	21	22	22	23	25	26	27	28	30
Date complet	ed this Teaching Entry:																									
	perform the activity? (F2F), Co Instruction (CI), Teaching Clinic (TC)																									
How many pe	ople did you teach to or assist with?																									
	you teach? (hrs) og multiple hours in the one column (e.g. today I did 3 hours teaching practise)																									,
INSTRUCT	「IONS:The performance criteria activities 1 − 26 below only require a minimum of tw	vo in	staı	nces	s to b	e pe	erfor	med	d and	d tick	ed a	cros	ss th	e dı	ratio	on c	of yo	ur to	otal	you	teac	hinç	, hoi	ırs.		
0	Example Performance Criteria	V									V															
ENTRY		-	2	က	4 ч	9	7	8	6	1 10	7 5	14	15	16	7 01	2 2	<u>5</u> 8	21	22	22	23	25	<u>26</u>	27	28	83

Date & Document Version Document 20 May 2025 _V2.0

CW

Next Revision Date

Code/Title 11332NAT Fundamentals and WHS Logbook

Page 7 of 13

Contact: Pilates ITC, 9a, 248 Norma Road, Myaree, Perth Western Australia or <u>administration@pilatesitc.edu.au</u> or contact +61 89330 4570.

PILATES ITC

1	Prepared for the class including a risk assessment of the studio space including the equipment.																								T	
2	Introduced clients to the space and pointed out emergency evacuation and muster points.																									
ENTRY		-	2	က	4 4	ر م	٦	، ا	∞ o	2 م	12	13	4 7	9	17	∞ ;	2 2	2 2	ន	22	2 2	52	76	27	3 8	99
3	Ensured all equipment required for the program was available and in safe working condition.																									
4	Programmed and Instructed a Group Matwork class with Fundamental level repertoire.																									
5	Appropriately chose repertoire to suitably match the client's level and individual requirements.																									
6	Conducted a client/s pre-screening before the session commenced.																									
7	Used postural assessment techniques to monitor clients' core stability and peripheral mobility and made variations to the program if required.																									
8	Ensured all equipment was set up correctly.																									
9	Demonstrated application of core teaching concepts and principles (e.g. control, concentration, breathing etc.) and used the correct names for exercises.	П																								
10	Made sure that each client is familiar with the Matwork equipment and how it can impact according to the program repertoire and use of the equipment.																									
11	Adjusted the repertoire due to information obtained in the pre-screening																									
12	Demonstrated correct breathing patterns																									
13	Demonstrated correct movement mechanics and patterns																									
14	Demonstrated an understanding in exercise application in relation to posture																									
15	Identified and appropriately applied teaching techniques for controversial and contra-indicated movements.																									

Date & Document Version Document

Next Revision Date

20 May 2025 _V2.0

CW

Code/Title 11332NAT Fundamentals and WHS

Logbook

Page 8 of 13



16	Appropriately identified and addressed any specific requirements of the clients and adapted using cushions, pads, TheraBand, and other aids to ensure optimal technique.																										
17	Provided encouragement, motivation, and constructive feedback to clients																										
ENTRY		-	2	က	4	2	9	_	ω .	<u>1</u>	12	13	14	15	17	18	19	20	17	22	23	24	25	26	28	29	30
18	Utilised different instructing techniques (e.g. visual, verbal, tactile) to establish positive muscle recruitment and movement patterns.																										
19	Provided the correct alternative regression variations to clients who need more support.																										
20	Provided the correct progression variation to clients who need additional challenge.																										
21	Followed safety guidelines																										
INSTRUC	TIONS: The performance criteria activities $22 - 26$ below need to be performed and \underline{t}	.cker	d ev	/ery	time	<u>y</u> oı	u te	ach	acr	OSS	the o	dura	tion	of yo	our to	otal	your	teac	chin	g ho	urs.						
22	Used correct terminology and medical terms																										
23	Communicated effectively with clients, colleagues, and others																										
24	Demonstrated self-mastery of the exercises, as appropriate																										
25	Packed up equipment and left the work area clean and tidy																										
26	Reported any equipment issues to Management.																										
TOTAL CU	IMULATIVE TIME SPENT TEACHING																										

Date & Document Version Document Controller

20 May 2025 _V2.0

CW

Next Revision Date

Code/Title 11332NAT Fundamentals and WHS Logbook

Page 9 of 13



STUDENT DECLARATION Initials only. I declare that what I have recorded is true and understand that Work Placement hours are in preparation for my Practical Assessment.										
SUPERVISOR SIGNATURE Please initial each entry.										

WHO CAN SIGN OFF MY TEACHING HOURS?

- ⇒ A Supervisor.
- A "client". "Client" defined as: A person to whom you have taught a duration of Pilates to log one or more teaching hours. Clients can be friends, family and or other Students.

PRE-SUBMISSION: CHECK POINT

- ⇒ A minimum of two checks must be applied to each activity, 1-54, across the duration of your teaching hours.
- ⇒ All boxes must be checked every time you complete teaching hours.
- ⇒ Upon submission, review to ensure you have the correct cumulative total required to meet the prescribed teaching hours.
- ⇒ Every entry is signed by you.
- \Rightarrow Every entry is signed by a Supervisor or Client.



PART 4 | FUNDAMENTALS AND WHS - SELF MASTERY LOG

WORK PLACEMENT HOURS: SELF - MASTERY

SELF-MASTERY

One (1) hour of Self-Mastery per week over the duration of your study for this unit of study.

DATE	CLASS TYPE (Mat – Pregnancy; Ref – Beginner; Ref – Beginner etc)	WORK PLACEMENT STUDIO (WPS) / Online (ONL)	TIME SPENT (Hours)	ACCUMULATIVE TOTAL	SIGNATURE
14/11/24	Mat - Beginner	ONL	1 hours	1	Sign here
20/11/24	Ref - Progressive, Ref - Beginner	WPS	2 hours	3	Sign here

Date & Document Version Document Controller

20 May 2025 _V2.0

CW

Next Revision Date

Code/Title 11332NAT Fundamentals and WHS

Page 11 of 13

each hour as	t declare that I have carried out recorded and have totalled the ober of observation hours:	STUDENT SIGNATURE:	DATE:	

WHO CAN SIGN OFF ON MY SELF-MASTERY?

- ⇒ A Supervisor.
- ⇒ The group class or session Instructor, or YOU.

PRE-SUBMISSION: CHECK POINT

- ⇒ Every line of entry is completed in full.
- ⇒ Every entry is signed and dated where indicated.

Date & Document Version Document

20 May 2025 _V2.0

CW

Next Revision Date

Code/Title 11332NAT Fundamentals and WHS Logbook

Page 12 of 13



PART 6 | REPERTOIRE AUDIT LOG

This is a working document designed to guide your progress and then document your own mastery. Conduct an audit of your ability to perform the Repertoire in the tables below. Please note any exercises that you are not yet comfortable with at the end of this section. You are only required to audit repertoire relevant to this unit cluster.

	MID - PATHWAY	END OF PATHWAY CHECK IN AUDIT					
FUNDAMENTALS REPERTOIRE	This exercise is clear to executing it.	me. I am comfortable at	This exercise is clear to teaching it.	me. I am comfortable	I am comfortable in executing and teaching this exercise now.		
INTRODUCTORY	YES	NO	YES	NO	YES		
Breathing and Printing							
Imprinting							
Pelvic Curl							
Chest Lift							
Single Leg lift							
Supine Twist Supine							
Hula							
Quadruped Position							
Side Leg Lifts							
Basic Back Extension							

PRE-SUBMISSION: CHECK POINT

- ⇒ At the end of the Pathway, ALL Repertoire must be documented as 'YES': indicating you are comfortable executing and teaching this repertoire.
- ⇒ Exemption: due to contraindications documented at the point of enrolment, reasonable adjustments or exemptions may have been arranged with the Training Manager. In this instance, please list this for the Assessor's reference.

Date & Document Version Document